

BODY FAT CONTENT WORKSHEET (Male), Part 2

For use of this form, see AR 600-9; the proponent agency is DCS, G-1.

PRIVACY STATEMENT

AUTHORITY: Department of Defense Instruction 1308.3, DoD Physical Fitness/Body Fat Program Procedures; Army Regulation 600-8-104, Army Military Human Resource Records Management; [Army Regulation 600-9, The Army Body Composition Program](#).

PRINCIPAL PURPOSE: To provide a means for Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment. See the System of Records Notice A0600-8-104 AHRC, Army Personnel Systems (APS) <https://dpcl.d.defense.gov/Portals/49/Documents/Privacy/SORNs/Army/A006-8-104-AHRC.pdf>

ROUTINE USES: For Soldier's use of the one site circumference-based tape test and the supplemental body fat assessment.

DISCLOSURE: Voluntary. However, failure to complete this form with the information requested impedes the effective management of care and support required by the procedures of the Army's Body Composition Program.

Soldier scored a 540 or higher on the ACFT and is exempt from the body fat assessment.

Preparer's Initials: _____

| | | | | |
|---|-------|---------------------------|-------|-------------------------------|
| NAME (Last, First, Middle Initial) | | RANK | | NOTE: |
| HEIGHT (to nearest 0.50 inch) | | WEIGHT (to nearest pound) | | ½" = .50 |
| AGE | | | | |
| STEP | FIRST | SECOND | THIRD | AVERAGE (to nearest 0.50 in.) |
| 1. Measure abdomen at the level of the navel (belly button.) Round down to the nearest 0.50 inch. Repeat three times, then average to the nearest 0.50 inch. | | | | |
| 2. Enter the average abdominal circumference. | | | | |
| 3. Weight factor. Enter the weight to the nearest pound. | | | | |
| 4. Determine percent body fat by finding Soldier's abdominal circumference value (value listed in STEP 2) and weight in pounds (value listed in STEP 3) in AR 600-9 figure B-1. The percent body fat is the value that intercepts with abdominal circumference value and weight in pounds as listed in AR 600-9 figure B-1. This is the Soldier's PERCENT BODY FAT. | | | | BODY FAT PERCENTAGE |
| -or- Calculate body fat percentage. See AR 600-9 Table B-5 for sample body fat calculations. Body Fat % = -26.97 – (0.12 x body weight in pounds) + (1.99 x abdomen circumference in inches) | | | | |
| 5. Supplemental Body Fat Assessment results, if applicable. | | | | BODY FAT PERCENTAGE |
| Name of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____ Location/Facility of Authorized Supplemental Body Fat Assessment Machine/Equipment: _____ | | | | |
| AR 600-9 Table B-2 Maximum allowable percent body fat standards <div> <div>Age group: 17–20</div> <div>Age group: 21–27</div> <div>Age group: 28–39</div> <div>Age group: 40 and older:</div> </div> <div> <div>Male (% body fat): 20%</div> <div>Male (% body fat): 22%</div> <div>Male (% body fat): 24%</div> <div>Male (% body fat): 26%</div> </div> | | | | |

REMARKS

CHECK ALL THAT APPLY

- ☐ Individual is in compliance with Army Standards.
 ☐ Is not in compliance with the standards. Recommended monthly weight loss is 3-8 lbs. or 1% body fat.

| | | | | | |
|---|-------|-----------------|--|-------|-----------------|
| PREPARED BY (Printed Name and Signature) | RANK | DATE (YYYYMMDD) | APPROVED BY SUPERVISOR (Printed Name and Signature) | RANK | DATE (YYYYMMDD) |
| _____ | _____ | _____ | _____ | _____ | _____ |